



## SANTA FE COUNTY NOVEMBER 2016

|   |  |  |  |   |
|---|--|--|--|---|
|   | <b>TUESDAY 1, 2016</b><br>Spicy Baked Fish<br>Glazed Carrots<br>Steamed Broccoli<br>Brown Rice<br>Fruit Cup        | <b>WEDNESDAY 2, 2016</b><br>Sloppy Joes<br>Cucumber/Onion Salad<br>Baked Onion Rings<br>Mixed Berries                            | <b>THURSDAY 3, 2016</b><br>Country Fried Steak<br>Mashed Potatoes w/Gravy<br>Okra<br>1 WW Roll<br>Yogurt w/Fruit                                 | <b>FRIDAY 4, 2016</b><br>Chicken BBQ Sandwich<br>Three Bean Salad<br>Oven Baked French Fries<br>Melon |
| <b>MONDAY 7, 2016</b><br>Shepard's Pie<br>Green Beans w/Mushrooms<br>1 WW Roll<br>Sliced Oranges                        | <b>TUESDAY 8, 2016</b><br>Salmon<br>Sliced Tomatoes<br>Asparagus<br>Rice Pilaf<br>Cherry Cobbler                   | <b>WEDNESDAY 9, 2016</b><br>Chile Cheese Dog<br>California Vegetables<br>Sliced Cucumbers<br>Chilled Pears                       | <b>THURSDAY 10, 2016</b><br>Green Chile Chicken<br>Enchiladas<br>Mexican Salad<br>Pinto Beans<br>Pound Cake w/Strawberries                       | <b>FRIDAY 11, 2016</b><br><br>CLOSED  |
| <b>MONDAY 14, 2016</b><br>Sweet & Sour Pork<br>Stir Fry Vegetables<br>Steamed Rice<br>Fortune Cookie<br>Applesauce Cake | <b>TUESDAY 15, 2016</b><br>Baked Meatballs<br>Spinach<br>Corn<br>Pasta<br>Garlic Bread<br>Strawberries and Peaches | <b>WEDNESDAY 16, 2016</b><br>Tuna and Shells<br>Peas & Carrots<br>Spinach Salad<br>Cottage Cheese w/ Fruit                       | <b>THURSDAY 17, 2016</b><br><b>Thanksgiving Lunch</b><br>Turkey w/Stuffing<br>Mashed Potatoes w/Gravy<br>Green Beans<br>1 WW Roll<br>Pumpkin Pie | <b>FRIDAY 18, 2016</b><br>Turkey Wrap<br>Garden Salad<br>w/Low Fat Dressing<br>Apricots<br>Cookie     |
| <b>MONDAY 21, 2016</b><br>Chicken Caldillo<br>Garden Salad<br>w/Low Fat Dressing<br>Crackers<br>Mandarin Oranges        | <b>TUESDAY 22, 2016</b><br>Beef Fajitas<br>Pinto Beans<br>Chuck Wagon Corn<br>Pudding                              | <b>WEDNESDAY 23, 2016</b><br>Braised Pork Chop<br>Ranch Beans<br>Buttered Peas<br>Stuffing w/Gravy<br>1 WW Roll<br>Sliced Apples | <b>THURSDAY 24, 2016</b><br><br>CLOSED<br>THANKSGIVING DAY   | <b>FRIDAY 25, 2016</b><br><br>CLOSED  |
| <b>MONDAY 28, 2016</b><br>Pizza w/Pineapple & Ham<br>Caesar Salad<br>Lima Beans<br>Fresh Fruit Salad                    | <b>TUESDAY 29, 2016</b><br>Turkey Sandwich<br>Lettuce and Tomato<br>Corn<br>Pasta Salad<br>Baked Chips<br>Pears    | <b>WEDNESDAY 30, 2016</b><br>Meatloaf<br>Mashed Potatoes<br>Green Beans<br>1 WW Roll<br>Peach Cobbler                            | Menus are subject to change  | 8 oz. 2% Milk<br>Served With<br>All Meals   |



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## ***Nutrient Table***

| Nutrient                             | Daily Lunch Requirement | Menu Week 1                | Menu Week 2                | Menu Week 3                | Menu Week 4                | Menu Week 5                |
|--------------------------------------|-------------------------|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|
|                                      |                         | <b>Days in Week:<br/>4</b> | <b>Days in Week:<br/>4</b> | <b>Days in Week:<br/>5</b> | <b>Days in Week:<br/>3</b> | <b>Days in Week:<br/>3</b> |
| <b>Calories</b>                      | 700                     | 700                        | 701                        | 702                        | 729                        | 897                        |
| <b>% Carbohydrates from Calories</b> | 45-55%                  | 45.5%                      | 50.4%                      | 46.6%                      | 50%                        | 54.4%                      |
| <b>% Protein from Calories</b>       | 15-25%                  | 22.1%                      | 22.7%                      | 24.9%                      | 24.6%                      | 20.1%                      |
| <b>% Fat from Calories</b>           | 25-35%                  | 32.4%                      | 26.9%                      | 28.5%                      | 25.4%                      | 25.5%                      |
| <b>Saturated Fat</b>                 | less than 8g            | 7.9g                       | 6.8g                       | 6.9g                       | 6.3g                       | 7.7g                       |
| <b>Fiber</b>                         | 5-7g                    | 5.7g                       | 11g                        | 7.3g                       | 14g                        | 14g                        |
| <b>Vitamin B-12</b>                  | .8ug                    | 2.7ug                      | 2.6ug                      | 2.5ug                      | 1.9ug                      | 2.4ug                      |
| <b>Vitamin A</b>                     | 300ug RAE               | 381ug                      | 424ug                      | 747ug                      | 617ug                      | 428ug                      |
| <b>Vitamin C</b>                     | 30mg                    | 40mg                       | 91mg                       | 39mg                       | 45mg                       | 55mg                       |
| <b>Iron</b>                          | 2.6mg                   | 4.7mg                      | 5.6mg                      | 6mg                        | 5.7mg                      | 6.9mg                      |
| <b>Calcium</b>                       | 400mg                   | 405mg                      | 479mg                      | 483mg                      | 521mg                      | 553mg                      |
| <b>Sodium</b>                        | less than 1000mg        | 703mg                      | 616mg                      | 754mg                      | 971mg                      | 955mg                      |

This menu plan meets the standards of the Older Americans Act. This menu plan meets the lunch calorie level of 700. This menu plan meets the requirements for 1/3 DRI in protein, iron, calcium, Vitamin A, Vitamin C, Vitamin B-12, Fiber and Sodium. In addition, this menu plan is 45-55% of calories from Carbohydrates, 25-35% of calories from Fat and 15-25% of calories from Protein.

Jennifer Pas, RD, LD

**North Central New Mexico Economic Development District  
Council of Governments  
Non-Metro Area Agency on Aging  
PO Box 5115 Santa Fe NM 87502  
505-827-7313**